

# the sanctuary

# THE SANCTUARY

## Reflections of Recovery -- Peace and Calm

Greater Dayton Area Intergroup of Overeaters Anonymous  
P.O. Box 1919, Dayton OH 45401-1919

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### EDITOR'S NOTES

Well, another issue is upon us. The Sexuality Workshop on Wednesday nights, 6:30 p.m. at St. Mark's OA room is a great way to add sizzle to your summer. There are a series of topics such as body image and dealing with the way you deal with your body in general. The level of intimacy in the group is growing with each meeting, and they will close the meeting to new attendees on June 26. As they go along, it would be great if some participants would share with the paper any insights they may acquire.

We are adding the Intergroup Minutes into the paper each issue as decided at the last Intergroup meeting. This should help you to get an idea of the fine work that the Reps and committee members are doing.

This service has been very rewarding for me. It has been a big part of my recovery too. It's not just the service angle either, though that is part of it.

There have been times when we haven't agreed--very few and far between, I might add. Once in three years I think. That has taught me not to hold a resentment and not to take things personally. We all wanted the best for OA, we just had a different idea of how to obtain that. I think we were rewriting the Bylaws if I'm not mistaken. It also taught me gratitude. The reason for that is because I was grateful that we had enough people who had strong opinions come and share their opinions with us. It also made our group even stronger in that we learned much about Parliamentary Procedure and running a business meeting in a new way.

Now we get in and run the meeting using those procedures and are usually out in an hour, even when we have to vote on Bylaw amendments.

It continues to teach me how to live in a community. When I came to OA I was not very good at that. I was used to trying to dominate and control others and situations to keep my life on a steady and even plain. It was neither steady nor even, but my mind thought that it was.

It has also taught me about commitment. There are many people who have been coming to the IG for years and doing service. They do it so well and so freely that it has been an inspiration to me.

We will also be printing a copy of the Treasurer's Report in the paper. We think that will give you a good handle on how our money situation is.

To end this little infomercial--if you want to soar like an eagle and be a part of something really valuable to this community, come and join the Intergroup. We meet six times a year. Our next meeting will be the third weekend of the month on July 20 at 10:30 a.m.

Thanks, Claudia

If you are a Group Rep, thank you. If you'd like to be one, ask at one of your meetings if they need one. Each registered group is entitled to two Group Representatives. The meetings are very short in nature—approximately 40 minutes to one hour. There are six meetings per year. Willingness to vote, make decisions, introduce ideas to your group and bring back a report are the basic duties.

### TWO IS A MEETING

On more than one occasion lately, I've heard that a meeting isn't doing well and that it may need to close because there are only two people at the meeting.

Two people can have a beautiful recovery program if they are willing to devote themselves to the meeting on a regular basis.

Around four years ago, I started a group that was not exactly the most attended meeting in Dayton. However, there was another person who chose to come to that meeting faithfully. We each made that meeting unless we had no other choice. If one couldn't come, the other went to see if any new people came.

Eventually-----another person came. She was new and she was really nice. We liked her immediately!! Member number three stuck in there for the long haul. Each week I went away with some recovery.

Pretty soon the meeting began to grow. I think it was a year later—we had four or five.

Today that meeting is still going and amazingly enough it is thriving most of the time.

The things that meeting had going for it were commitment to recovery, commitment to each other, and just plain old stubbornness. If you get tempted to quit a meeting or close a meeting, ask yourself this: "Can I find one other person who is committed to recovery?" If the answer is yes, go there and recover together, and when the time is right HP will send more folks your way. If they see recovery, they will stay. The light is very attractive.

Anonymous

### JUST A BIT OF SHARING

Since my retirement, time passes so quickly with volunteer work and many things, a lot of my OA writing, my journaling, has suffered. I need to do more "walk the walk," and less "talk the talk."

My 24<sup>th</sup> OA year has come and is on its way out. God continues to help me, keeping me abstinent from junk foods, especially all sugar and flour. It is certainly true, the longer I'm abstinent, the more I want this.

No way will I go back to that time in life—the old sick way, which lasted way too long. "We will not regret the past, nor wish to shut the door on it." (Big Book Promise) I need to continue in the OA way of life. With HP, this is possible.

Throughout my 24 years, I have never come from a meeting without learning or

hearing something I needed. Acceptance and love are always there.

The Big Book is my saving grace, and thank God for each and every one of you fellow members.

Food is no longer calling my name. Awareness in every part of my life is a must. This takes work, and the results are so rewarding. We hear that our weakest links become our strengths.

Thank all of you. Thank God!  
Love, Paula Walker

### LISTEN!!!

When I ask you to listen to me and you start giving advice, you have not done what I asked.

When I ask you to listen to me, and you begin to tell me why I should not feel that way, you are trampling on my feelings.

When I ask you to listen to me and you feel you have to do something to solve my problems, you have failed me, strange as that may seem.

Listen!., All I asked was to listen to me – not talk or do – just hear me, please.

Advice is cheap – seventy-five cents can get you both “Dear Abby and Billy Graham” in the same newspaper.

And I can do for myself; I am not helpless. Maybe discouraged and helpless, but not helpless.

When you do something for me that I can do and need to do for myself, you contribute to my fear and inadequacy.

But when you accept as a simple fact that I do feel what I feel, no matter how irrational, then I can quit trying to convince you and get about this business of understanding what is behind this irrational feeling.

When that’s clear – the answers are obvious and I don’t need advice. Irrational feelings make sense when we understand what’s behind them.

So please listen and hear me, and if you want to talk, wait a minute for your turn—I will listen to you.

By Ray Houghton

Submitted by Judy D.

### IF YOU ARE A GROUP TREASURER PLEASE READ

#### **TREASURER’S CORNER!!!!!!!!!!!!!!!**

Are you the Treasurer for a meeting in the Dayton Area? If you are The Dayton Intergroup and the Treasurer, Nan S needs to know who you are.

Please e-mail Nan S with your name and the group you represent.

[Nanc923@hotmail.com](mailto:Nanc923@hotmail.com) If you don’t have e-mail, please call her at 836-1050, or send the information to the next IG meeting with your Rep, or mail to her at our PO Box at the top of the paper.

Please be sure to mail or turn your groups collections in to her on a regular basis.

The Collection goes like this:

1. Collect money 7<sup>th</sup> Tradition
2. Deduct all expenses you have from it, such as rent, literature, tokens.
3. Keep a reasonable amount for group use.
4. Then send in 60% to Dayton IG, Nan S
5. Send 30% to Region V.
6. Send 10% to World Service Organization

If you meet at St. Mark’s, then all you need to do is follow steps 1-3 and turn the rest of the money into Nan.

### IMMEDIATE OPENINGS!!

If you are interested in working on or Chairing the Public Information Committee or being on the Bylaws Committee, please E-mail Claudia @ [msquixie@woh.rr.com](mailto:msquixie@woh.rr.com) or see her at a meeting.

The Bylaws Committee began the Procedures Manual in January, and continues to need your help in deciding what is best for

Dayton. The manual will be constantly updated as procedures come up.

**INTERGROUP MEETING DATES  
REMAINING FOR 2002:**

**July 20**

**September 21**

**November 16 (elections)**

**Please come, participate and if you can, become a Group Representative. Please offer your service to the group.**

**If you receive this paper by e-mail, contributions would be appreciated (\$3). Please mail your money to Nan S. with a note indicating that the donation is for The Sanctuary.**

**C/O Nan S.  
Greater Dayton Area Intergroup of  
Overeaters Anonymous  
P.O. Box 1919  
Dayton OH45401-1919**

**The Featured Committee of the month is:**

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**The opinions expressed here the opinion of the writer and not of OA, and are the individuals experience strength and hope. Permission to reprint is given to any 12-step member or program. Thank you.**

**Greater Dayton Intergroup Minutes**  
**Saturday, May 18, 2002**

**Opening**

Claudia opened with the Serenity Prayer.

Vicky read the Purpose of Intergroup.

Becky read the 12 Traditions.

**Remarks**

Claudia thanked all the volunteers for cleaning and organizing the St. Mark's second floor OA room, and thanked Ginger for the purchase and installation of the vertical blinds.

Claudia asked Ginger to be the alternate secretary for this meeting (only), since Nora is absent due to medical reasons.

**Announcements**

George announced that a 10-week workshop entitled: "Sexuality in Recovery" will start on June 5, Wednesday, at 7:00 p.m. at St. Mark's second-floor OA room. Format will be decided on June 5. (Members felt there was a need...reason for this workshop)

Roll-call sheet was passed around, and Claudia asked that all information be updated

**Reports**

1. Chair                   None

2. Vice Chair None

3. Treasurer           (Nan)

Report was distributed and discussed. Nan is asking for committees and officers to submit their budgets well before the end of the year for 2003. Most of the money last year (2001) came from individual donations and tithes. Some groups have not given any donations (money) this year to Intergroup. Donations are not up to our budget, and the budget has been cut and cut, because of small donations. Nan needs to know the names of each group's treasurer and two Intergroup reps.

4. Secretary           None

5. Bylaws               (George)

George proposed that the 12 Steps and 12 Traditions and Concepts be added to the Bylaws, to be in compliance. A motion was made, seconded, and passed to this effect.

6. Policies & Procedures   (George)

There was discussion regarding Item #8 which references the rate at which mileage should be paid to members traveling for OA business. After discussion a compromise was reached. A motion was made, seconded, and unanimously passed to amend Item #8 to read the "mileage will be paid up to the Government rate."

The Expense Guidelines were discussed. A motion was made, seconded, and passed that “expenses will include but not be limited to those listed in the Policies & Procedures (P&P) manual.” If an expense is not listed in the P&P, get prior approval from the Chair and Vice Chair

A motion was made to accept the whole document (P&P) as presented, with the two changes, and was passed.

7. Hotline                   None

8. Sanctuary               (Claudia)

Sanctuary is doing well. Articles are still needed. Pat reported that paper-copies were sold-out the week prior to Intergroup. (Pat is responsible for mailing the Sanctuary, restocking, and gathering the money) It was suggested that each group tell new members and meeting visitors about Sanctuary and Lifeline.

9. Bookstore               None

Claudia stated that (at a minimum) the Bookstore Rep should have a Bookstore report two times per year; however, a report at every Intergroup meeting would be great.

10. PIC                      None

This committee is non-existent at the moment...no chair or members.

11. Region V (Becky)

Becky submitted her Region V report. Intergroup’s profit from the 2001 Region V Convention is \$962.04. The 2002 Region V Convention will be held Oct 4, 5, 6, 2001 in Milwaukee, Wisconsin. The theme is The A, B, C’s of Recovery. Flyers are available on the bulletin board and online at [www.region5oa.org](http://www.region5oa.org). Ohio Day of Sharing will be held at Bethel Road United Methodist Church in Columbus, Ohio on Saturday, August 24, 2002 from 9:00 am to 3:00 pm. The Greater Dayton Intergroup has agreed to man the registration table. (Volunteers are needed to do this service.) There will be speakers, interactive sharing and skits. Central Ohio Service Intergroup is in charge of the program format for the day. The Board of Trustees elected our Region V trustee, Pam Gleason, as the Chairperson of the Board for 2002 at the WSBC in Albuquerque. (Pam has 19 years of service in OA.) At the WSBC, another plan of eating was presented, but was not approved and proved to be controversial.

12. 12 Step Within               (Becky)

Becky stated that she believes the “Sexuality in Recovery” workshop and Claudia’s proposed Big Book Study fit in well for the furthering recovery within the fellowship, and stated that she would like to work with George and Claudia in these areas, as a combined effort for the 12 Step Within work.

13. Old Business               None

14. New Business

Becky informed the Intergroup that an email has been sent out to some OA members asking it to be forwarded and stating that it is affiliated with OA...and IT IS NOT! The Trustee stated that it was not conference-approved. The person who originated the email was contacted that is not appropriate. Emails are not to be used in OA except for OA Business (violation of anonymity)

**Claudia suggested that the instant coffee, sugar, sugar replacement, garbage bags, etc. be paid for in the St. Mark's second floor OA room by Intergroup. A motion was made, seconded, and passed. (Please note that Intergroup will pay for supplies by reimbursing whomever buys/restocks the supplies...Intergroup will not be responsible for restocking.)**

**Becky volunteered to write an article for the next Sanctuary on the topic: "A Day in the Life Of..."**

**Nan suggested that a permanent article be in the Sanctuary reminding members that money is needed, where to send, and how much to send 60-30-10 policy for groups.**

**It was suggested that New Meeting start-up kits, which are available via WSO for \$2 each, should be placed on the agenda for the next Intergroup meeting as to whether Intergroup should provide to New groups...who...how...etc...**



# **OPTIONS TO OVEREATING**

Before you give in to abusing yourself with food again, try these options.  
If they don't work, then go ahead and stuff yourself.

**PRAY** - really give it your best effort and listen.

**WRITE** - put all your problems on paper and put them in a God Jar.

**CALL** - someone and talk until you feel that the problem has passed.

**SIT STILL** - don't move no matter what;  
get quiet and God centered.

**READ OA** - literature, any book, newspaper or magazine.

**TAKE A WALK** - with or without someone.

**REMEMBER** - nothing is going to be better if you eat compulsively.

From Anonymous, Cocoon